

Chinese Lamb Shank Soup – you know when you need it

- A 1 lamb shank
½ tspn salt
- B 1 tspn finely chopped shallots
1dspn sliced fresh ginger
- C 2 chopped walnuts
5 chopped Chinese red dates (da zao)
10g dang gui
10g finely chopped dried logan
1 star anise
- D 1 tabspn rice wine
1 dspn tamari

Place A in large pot and over with water
Cover & simmer 1 hour skimming scum and fat
Remove shank and remove meat from bone
Return meat to “stock” and add B
Bring to boil and simmer for 10mins.
Add C and simmer for 10 mins
Remover ginger and dang gui.
Add D and serve